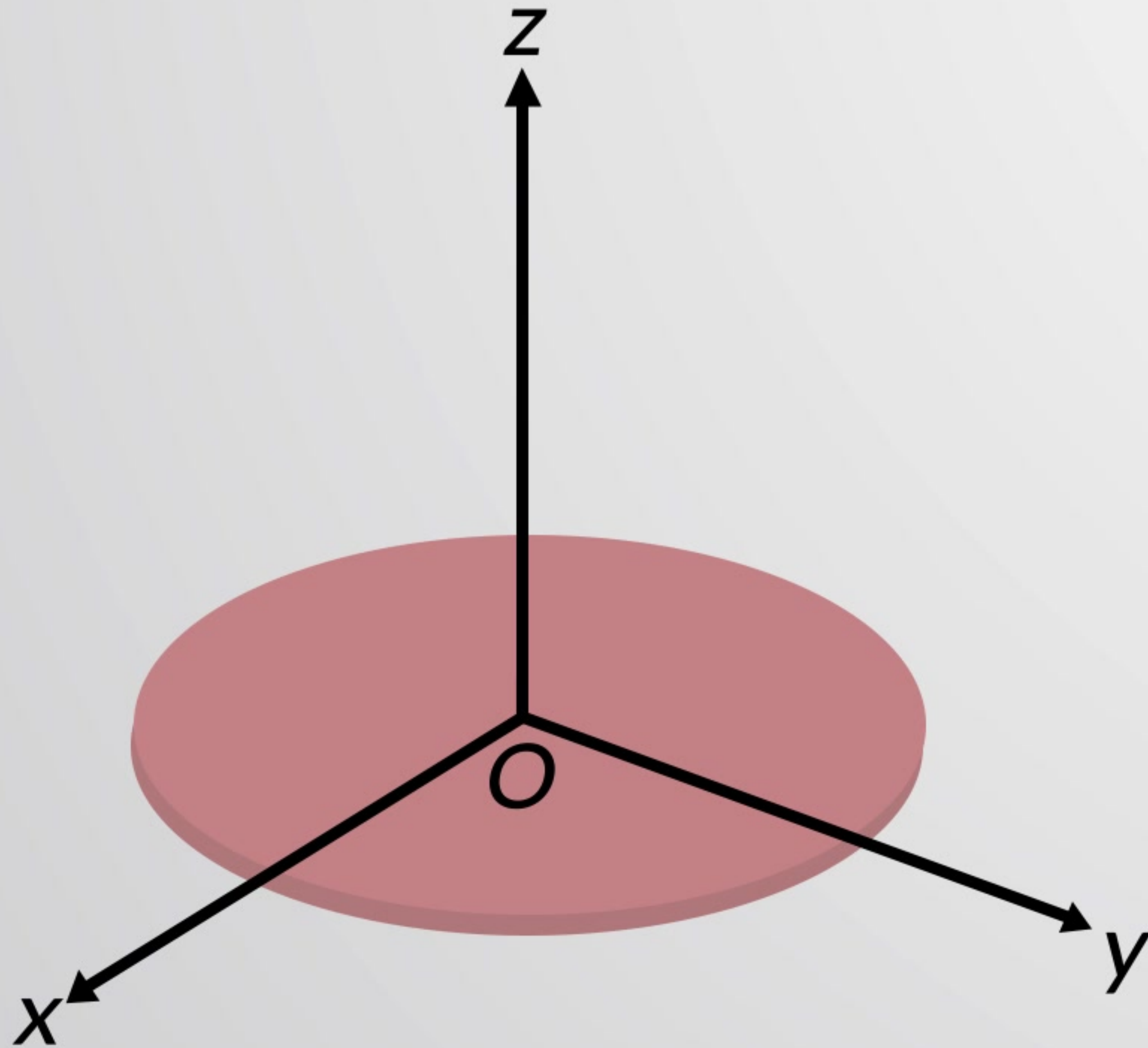


Perpendicular-Axis Theorem



$$I_z = I_x + I_y$$